



Signs of an Asthma Flare-up

Everyone's signs are different. Check the signs that happen to you.

Warning Signs

- ☐ Drop in peak flow meter reading
- ☐ A fast heart rate
- ☐ Extra mucus



Did You Know:

Coughing is the most common asthma sign in children.

Signs an Asthma Flare-up Is Happening

- ☐ Coughing
- ☐ Wheezing
- ☐ Shortness of breath
- ☐ Waking up at night

Danger Signs

Get emergency help if:

- ☐ It's hard to talk.
- ☐ Breathing is hard and fast.
- ☐ Lips or fingernails are gray or blue.
- ☐ Nose opens wide when breathing.
- ☐ Ribs and neck muscles show when breathing.
- ☐ Heart rate is very fast.
- ☐ It's hard to walk.
- ☐ Quick-relief medicine is not helping.
- ☐ Peak flow reading is in the red zone.